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NEWS WORTH SHARING.

We all scream for poutine

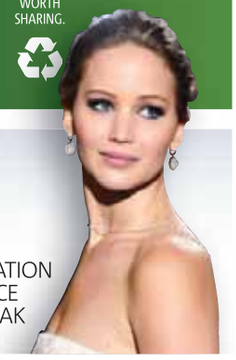
And there will be no shortage of it this weekend at the Festival du Bois in Coquitlam, celebrating all things Quebecois PAGE 10

Khadr unfairly labelled: Official

Former Gitmo detainee poses a minimal threat and should be classified as such, federal prisons ombudsman argues PAGE 6

SOMETIMES, YOU CAN SIMPLY LOVE TOO MUCH

PRODUCER SAYS ALL THE ADORATION HAS FORCED JENNIFER LAWRENCE TO CONSIDER A YEAR-LONG BREAK FROM ACTING PAGE 14



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No NHL rivalry, no sellout: Broker

Ticket sales. Canucks' Heritage Classic game against the Senators 'is possibly the worst matchup we could have,' says owner of Vancouver Ticket

CAM TUCKER
cam.tucker@metronews.ca

Crews work to install a temporary hockey rink inside BC Place on Wednesday ahead of this weekend's Heritage Classic between the Vancouver Canucks and the Ottawa Senators. More Canucks coverage, page 23. MATT KIELTYKA/METRO

A matchup of two teams with no recent history or rivalry is a major problem as ticket-sale concerns for Sunday's Heritage Classic in Vancouver begin to mount, according to one local ticket broker.

The Vancouver Canucks and Ottawa Senators will do battle at BC Place in the sixth and final NHL stadium game this season. The league, which says the game is close to 90 per cent sold, has tried to market this as a celebration of the 1915 Stanley Cup final, which featured the Vancouver Millionaires and Ottawa Senators.

But both NHL teams have fallen on hard times this season. The Canucks entered the Olympic break on a seven-game losing streak and were 10th in the Western Conference heading into Wednesday's game against the St. Louis Blues. The Senators resumed their schedule 10th in the Eastern Conference.

"People are disappointed," said Kingsley Bailey, owner of Vancouver Ticket.

"If they really wanted to sell the game, it should've been (against) Toronto or Montreal. The Ottawa Senators is possibly the worst matchup we could have for this type of game."

The NHL officially took over BC Place on Monday. The league's crew has been working around the clock since, constructing the rink, making the ice and dressing up the stadium for Sunday.

Ticketmaster prices for game tickets range from $104.20 to $324.70.

A glance at the website shows that in the 400 level of BC Place, there are as many as eight tickets in a row still available — in two different sections.

Lofty ticket prices and unfavourable sightlines in some areas inside BC Place are also concerns, Bailey said.

"From the get-go ... you either wanted to be in the best seats, where you get the best vantage point, or the cheapest seats," said Bailey.

"They (the NHL) had not a problem selling either one of those two price points. They're having problems selling the middle-category tickets. People want cheap or they want good."

Don Renzulli, NHL executive vice-president of events, told reporters Wednesday the league worked with the Canucks on pricing, and that prices are based on the local market.

"None of these games are inexpensive to put on," he said.

Renzulli said 2,000 tickets have been given away to a legacy program, which includes local minor hockey teams, and the league is pushing 90 per cent on tickets sold for the event.

"We expect to be full come game day," said Renzulli.

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Mulling Brentwood tower

North Burnaby. Public weighs in on 53-storey residential building at packed meeting

SAM SMITH
vancouver@metronews.ca

It's a tower that rivals the size of the Shangri-La in the downtown core and it could land smack in the middle of North Burnaby.

But not without public input first.

The development of the 28-acre lot around Brentwood Mall helmed by Shape Properties was mostly met with open arms from Burnaby residents at Tuesday night's packed public hearing, which focused on a 53-storey tower — 56 storeys when commercial real estate is added in — the first of 12 proposed towers in the development.

"I'm a neighbour and a resident of the Brentwood area and I'm speaking in favour of the bylaw amendment," said Darlene Gering, a Burnaby resident and former president of the Burnaby Board of Trade. "I recognize all the concerns people have; however, the reality is we have 40,000 newcomers that are coming to B.C. annually, and as a highly desirable area to live, Burnaby and the Lower Mainland, we have to make accommodation for the growing population."

Rental and condo units are needed in the area, according to Gering, who said young families who are facing tough challenges to find affordable housing in Burnaby could look to this as their solution.

"I think this answers a basic housing need that we have in this city," she said. "It's very much a mixed-use type of development in the rental and also in offering family-based housing, as opposed to just bachelors or one-bedroom condos, which a lot of the other developments have."

A proposed 53-storey residential tower is the first phase of a 28-acre development planned near Brentwood Mall. CONTRIBUTED

While Gering's positivity reflected the majority of voices at the hearing, the plan wasn't entirely approved by the public.

Terry MacDonell, a resident of Brentlawn Drive — which is a single block behind Brentwood Mall — said he's worried about the impact on traffic in his neighbourhood and stated more consultation with local residents needs to be done.

"I don't think we can rely on open houses entirely to resolve these issues," he told council Tuesday night. "With all due respect to the councillors, I think various city committees have difficulty in effectively dealing with some of these issues."

Surrey park-and-ride wins as big waster

Nakisa Fouladi and a pig mascot present the Canadian Taxpayers Federation Teddy Government Waste Awards on Parliament Hill in Ottawa on Wednesday. THE CANADIAN PRESS

The South Surrey Park and Ride has been given a national "distinction" for wasting public money by the Canadian Taxpayers Federation.

The federation announced the winners of its 16th annual "Teddy" awards for government waste on Wednesday and named TransLink as the worst offender in the local government category for being the "best party where no one came."

The transit authority operates the South Surrey Park and Ride, which has seen a drop in use since it was expanded at the cost of $4.5 million in provincial funding.

TransLink introduced daily $2 parking fees at the lot to generate revenue, which the CTF says has backfired and kept more potential transit users away.

"I've been there several times, all during weekday work hours, and it's always empty," said CTF B.C. director Jordan Bateman. "(Wednesday), they hadn't even shovelled the sidewalk, and there wasn't a single set of footprints in the snow."

Bateman accused TransLink of badly overestimating and managing demand at the park-and-ride. "People are voting with their feet and aren't using the lot," said Bateman.

The park-and-ride features 840 parking spaces and connects with a bus loop at King George Boulevard and Highway 99.

TransLink responded with a letter to CTF federal director Gregory Thomas, accusing the federation of false information.

Its main point of contention was that the provincial government fronted the $4.5-million expansion cost, not TransLink.

"This expanded lot supports improved transit and transportation for local communities, transit users and the travelling public," the letter reads. "It makes it easier for people to connect to the existing transit network, which in turn makes transit a more viable choice."

The other municipal nominees for the dubious award were the City of Winnipeg for building a fire hall without council authorization and on land the city doesn't own, and Brampton, Ont., Mayor Susan Fennell for racking up $186,000 in expenses since 2010. MATT KIELTYKA/METRO

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NEWS. Exhibit sheds light on mental health

A unique exhibition hosted by RainCity Housing and Support Society and the Community Action Initiative is putting a brave face on mental health.

First-hand stories of mental illness and confronting barriers around it will be on display through video and audio presentations when the NEWS Exhibition, at 1965 Main St., opens in Vancouver Thursday.

"It's really a beautiful project because all of the stories have a common thread," said Angie Ingram, whose installation tells the story of a childhood friend who suffered from mental illness in Alberta before her tragic death. "She felt she had nowhere to turn. There may be progress, but it's very slow. There's still stigma, people were telling her she'd be thrown in the looney bin and things like that."

Putting a face on mental illness, Ingram said, could save someone's life.

"Mental illness is just a small part of a person, if you can remove the label maybe someone won't be afraid to get help," she said. "It's a good first step."

The NEWS Exhibition runs from 11 a.m. to 6 p.m. daily, Feb. 27 to March 1.

Admission is free.

MATT KIELTYKA/METRO

Langara College. From journalists to drones

Langara College's journalism instructor Ethan Baron is pushing his students ahead of the game, teaching them to use an air drone equipped with an HD-camera capable of being handled with a smartphone.

It's the kind of device that could boost the concrete facts and information journalists yearn for, and it has all sorts of practical applications, said Baron in Vancouver Wednesday.

"You can have a fire, or a demonstration, or a riot, and that would allow you to see the scale of the event you're covering," he said. "Of course you would have reporters, photojournalists and video journalists on the ground covering whatever action is taking place, then you'd have an overview which is almost impossible to get at most news outlets these days because most can't afford what it takes to get that perspective."

Baron has yet to take the drone outside of a teaching environment. First he needs approval from Transport Canada, which he hopes to get within the next few weeks, and secondly he recognizes the potential ethical and safety hazards the device poses.

His students also recognize the dangers, but believe they're being taught not only the logistics of the device, but the ethical boundaries that come with it.

From left, Langara journalism instructor Ethan Baron, Andrea Anthony and Jenny Peng

SAM SMITH/FOR METRO

SAM SMITH/FOR METRO

Richmond

Medical pot facility one step closer

Despite a new bylaw that blocks medical marijuana production facilities without a rezoning, Richmond city council will have a public hearing for a proposal to build such an operation in an industrial zone. MediJean hopes to grow medical marijuana for Health Canada under the federal government's new rules, which come into effect April 1.

EMILY JACKSON/METRO

Vancouver

Park board chair to run for council

The race is on to represent dominant civic party Vision Vancouver in the November election.

Park board chair Niki Sharma announced Wednesday she is seeking a nomination to run as councillor.

Vision will start the nomination process in May and finalize its candidates by June.

EMILY JACKSON/METRO

The Fox Cinema, pictured here, at Main Street and 7th Avenue in Vancouver, will reopen as a cabaret and lounge this weekend. JENNIFER GAUTHIER/METRO FILE

Goodbye porn, Hello Dolly!

Fox Cinema. North America's last porno theatre (according to a porn historian ... yes that's something) gives way to a cabaret

EMILY JACKSON
emily.jackson@metronews.ca

VCRs and the Internet have officially killed North America's 35mm porno theatres.

Vancouver's Fox Cinema, North America's last such venue, according to a local porn historian, will re-open as a cabaret and lounge this weekend.

The Arrival Agency, the folks behind the shows and events at the Waldorf Hotel, spent a year renovating the Fox into an arts and culture space with a mezzanine bar at Main Street and 7th Avenue. (Yes, they threw out the seats and sanitized the place.)

While the cocktail bar isn't quite finished yet, the team will hold a public open house on Friday night at the venue known for hosting the Canadian premiere of Deep Throat.

"Our objective with the Fox is to be a central part of the cultural life in Mount Pleasant and in the city of Vancouver as a whole," said Arrival Agency's Ernesto Gomez. "We want to open the space up to the community."

The agency is excited to have a home base again after they left the Waldorf in early 2013. It had to stop operating at that location after a condo developer bought the building and the lease became short-term, much to the public's dismay. The city granted the agency a liquor licence for the Fox in late 2013.

Quoted

"Our objective with the Fox is to be a central part of the cultural life in Mount Pleasant and in the city of Vancouver as a whole." Arrival Agency's Ernesto Gomez

Feds reject $1.5B New Prosperity mine

The federal government has rejected a controversial $1.5-billion open-pit gold-copper mine proposed for the Cariboo.

In a decision Wednesday afternoon, Environment Minister Leona Aglukkaq announced that development of the New Prosperity mine, located about 125 kilometres southwest of Williams Lake, would not proceed.

"The Government of Canada will make decisions based on the best available scientific evidence while balancing economic and environmental considerations," said Aglukkaq in a media release.

In October, an independent review panel concluded the proposed mine was likely to have "significant adverse effects" on water quality and fish habitat, riparian ecosystems, moose and bear habitat and the traditional use of land and resources by aboriginal groups.

The government said it agreed with the panel's conclusions and said the impacts of the proposed mine were not justified.

The controversial proposal, by Vancouver-based Taesko Mines, has met with opposition from environmentalists and local First Nations and support from business leaders and the provincial minister of mines and energy.

JEFF HODSON/METRO

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New Democrats. Mulcair softens his stance against coalition government

Thomas Mulcair seems suddenly more open to the idea of a coalition government, now that his New Democrats are in third place behind the ascendant Liberals.

Two years ago, when the Liberals were on their apparent deathbed, Mulcair categorically ruled out a coalition.

He said then that the 2008 attempt at forming a Liberal-NDP coalition government had proven the Grits couldn't be trusted.

He described his anti-coalition position as "categorical, absolute, irrefutable and non-negotiable."

Now, Mulcair is suggesting he meant only that he wouldn't agree to run joint candidates during an election.

He says whether a coalition is needed to oust the Conservatives after an election depends on the configuration of the House of Commons after the votes are counted.

And he says New Democrats have always been willing to work with other parties. THE CANADIAN PRESS

NDP leader Thomas Mulcair
SEAN KILPATRICK/THE CANADIAN PRESS

Justin Bieber exchanges swagger for stagger in latest video

In this Jan. 23, 2014, video frame grab released by the Miami Beach Police Department, singer Justin Bieber, centre, is shown walking unsteadily during a sobriety test at a police station in Miami Beach, Fla. The Miami-Dade county prosecutors released about 10 hours of video Wednesday. Bieber pleaded not guilty to driving under the influence, resisting arrest and driving with an invalid licence. MIAMI BEACH POLICE DEPT./THE ASSOCIATED PRESS

Lac-Mégantic

Mayor to railway: we want tracks out

A Quebec town still recovering from a train disaster says it sent a message to the railroad's potential new owner: We want the tracks out of our town.

A Lac-Mégantic official says the mayor delivered the message at a meeting with a representative for Fortress Investment Group, the winning bidder for the Montreal, Maine & Atlantic Railway. THE CANADIAN PRESS

Free from partisanship

Liberal senators push transparency, approachability

Liberal using their new-found independence will solicit questions from Canadians that they will then pose to the government during the daily question period. The move is one of five ways the 32 Liberal senators hope to take advantage of their new freedom from partisan ties. THE CANADIAN PRESS

Omar Khadr a minimal threat, says ombudsman

Classification. Prison authorities urged to take into account evidence that Canadian former Guantanamo detainee has no more terrorist ties

Quoted

"This is a government that has no compassion even for the most vulnerable in our society. It is spiteful and wishes to run out the clock on Omar by keeping him in prison for as long as they can."

Dennis Edney, one of Khadr's Canadian lawyers, who called it "disgraceful" that authorities have ignored the federal prisons ombudsman's repeated recommendations.

Canadian correctional authorities have unfairly classified former Guantanamo detainee Omar Khadr even though they lowered his risk rating from maximum to medium security, the federal prisons ombudsman complains.

In a letter obtained by The Canadian Press, the Office of the Correctional Investigator urges prison authorities to take into account evidence that Khadr poses minimal threat and should be classified as such.

"(Correctional Service of Canada) officials also note that there is no evidence Mr. Khadr has maintained an association with any terrorist organization," the letter to CSC's senior deputy commissioner states.

The letter this month by Ivan Zinger, executive director of the independent Office of the Correctional Investigator, is the office's third such complaint since Khadr returned to Canada in 2012 to serve out the rest of an eight-year sentence for war crimes.

Corrections recently reclassified Khadr, 27, and transferred him from the maximum-security Edmonton Institution to the medium-security Bowden Institution in Innisfail, Alta.

But the ombudsman argues that doesn't go far enough, given that Khadr pleaded guilty in October 2010 to crimes he committed in Afghanistan as a 15-year-old. THE CANADIAN PRESS

Controversial anti-gay bill vetoed

Arizona Gov. Jan Brewer has vetoed a bill that set off a national debate over gay rights, religion and discrimination.

She announced the veto Wednesday after holding private meetings with opponents and proponents.

The bill backed by Republicans in the state Legislature was designed to give added protection from lawsuits to people who assert their religious beliefs in refusing service to gays.

Opponents called it an open attack on gays that invited discrimination.

The bill thrust Arizona into the national spotlight last week after both chambers of the Legislature approved it.

The state faced blistering criticism from major corporations and political leaders from both major parties.

The bill allowed any business, church or person to cite the law as a defence in any action brought by the government or individual claiming discrimination. Supporters call the bill a slight tweak to the state's existing religious freedom law. Arizona does not extend civil-rights protections to people based on sexual orientation. THE ASSOCIATED PRESS

Ukraine's protest leaders pick top lawmaker for PM

Coffers to fill. The new leader will be walking into a country rife with financial problems

Leaders of Ukraine's protest movement on Wednesday proposed a top legislator as the country's next prime minister, while Russian President Vladimir Putin ordered major military exercises just across the border in a show of force and apparent displeasure over the country's new direction.

The new government, which is expected to be formally approved by parliament Thursday, will face the hugely complicated task of restoring stability in a country that is deeply divided politically and on the verge of financial collapse. The country's pro-Russian president, Viktor Yanukovych, fled the capital over the weekend.

At Kyiv's Independence Square, the heart of the protest movement against Yanukovych, the interim leaders who seized control after he fled proposed Arseniy Yatsenyuk as the country's new prime minister.

Yatsenyuk, 39, is a millionaire former banker who served as economy minister, foreign minister and parliamentary speaker before Yanukovych took office in 2010. Widely viewed as a technocratic reformer, he appears to enjoy the support of the U.S.

The top U.S. diplomat for Europe, Victoria Nuland, was overheard discussing Yatsenyuk and other Ukrainian opposition figures in a bugged phone call that was leaked, saying "I think Yats is the guy who's got the economic experience, the governing experience."

If confirmed, one of the first jobs for Yatsenyuk and other members of his new Cabinet will be seeking outside financial help from the European Union and the International Monetary Fund. Economists say Ukraine is close to financial collapse, with its currency under pressure and its treasury almost empty. The acting finance minister has said Ukraine will need $35 billion in bailout loans to get through the next two years.

THE ASSOCIATED PRESS

Palestinians pray over recovered body

Palestinians pray during the funeral of Sami Bsharat, a Palestinian militant who was killed in operation by the Israeli army in 2003, in Tamoun village near Jenin city in the West Bank on Wednesday. Recently Israel has been returning the bodies of dead Palestinian militants to their families for burial.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

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U.S. senators turn to scare tactics in Keystone battle

Pipeline. Politicians trot out scary tales from Alberta in bid to get Obama to reject contentious project

Horror stories about the Alberta oilsands' impact on human health are being shared in Washington, D.C.

A pair of anti-Keystone XL U.S. senators invited witnesses Wednesday to provide anecdotes about the effects on people near sites where the oil is extracted, transported and refined.

They hope these human-interest stories might influence the Obama administration as it prepares its final decision on the Keystone XL pipeline.

One of the speakers at the event was John O'Connor, an Alberta doctor.

He first went public in 2006 with concerns about what he considered to be elevated cancer rates around Fort Chipewyan, Alta.

Many of the 1,200 residents believe their proximity to oilsands development and major forestry mills in Fort McMurray have led to contamination of water and wildlife and a higher rate of cancer and other illnesses.

The event organizer said she would send a letter to her longtime colleague in the Senate Democratic caucus, current U.S. Secretary of State John Kerry, asking him to consider human health as he prepares a recommendation to U.S. President Barack Obama.

"I have shown you, or at least I have told you, how health miseries follow the tar sands," said Barbara Boxer, the chair of the U.S. Senate environment committee, at a news conference.

Boxer said the health aspect has been overlooked in the discussion and was disappointingly absent in the State Department's recent environmental report, which predicted no significant effect on carbon pollution whether or not the pipeline is built. THE CANADIAN PRESS

Anecdotal evidence

"Health miseries follow tarsands from extraction to transport, to refining, to waste disposal."

Barbara Boxer, chair of the Senate environment committee

Home sweet (tiny) home

In January, Betty Ybarra stands outside a tiny house she and her boyfriend live in, in Madison, Wis. While tiny houses have been attractive for those wanting to downsize or simplify their lives for financial or environmental reasons, there's another population benefiting from the small-dwelling movement: the homeless. There's a growing effort across the U.S. from advocates and religious groups to build these compact buildings because they are cheaper than a traditional large-scale shelter, help the recipients socially because they are built in communal settings and are environmentally friendly due to their size. THE ASSOCIATED PRESS

Expected more?

Target Canada loses almost $1B since March open

Canada's lukewarm reception to Target's first expansion outside the U.S. contributed to a nearly $1-billion loss for the discount retailer. Target reported its Canadian segment had a $329-million US loss before interest and tax items in the fourth quarter ended Feb. 1.
THE CANADIAN PRESS

Market Minute

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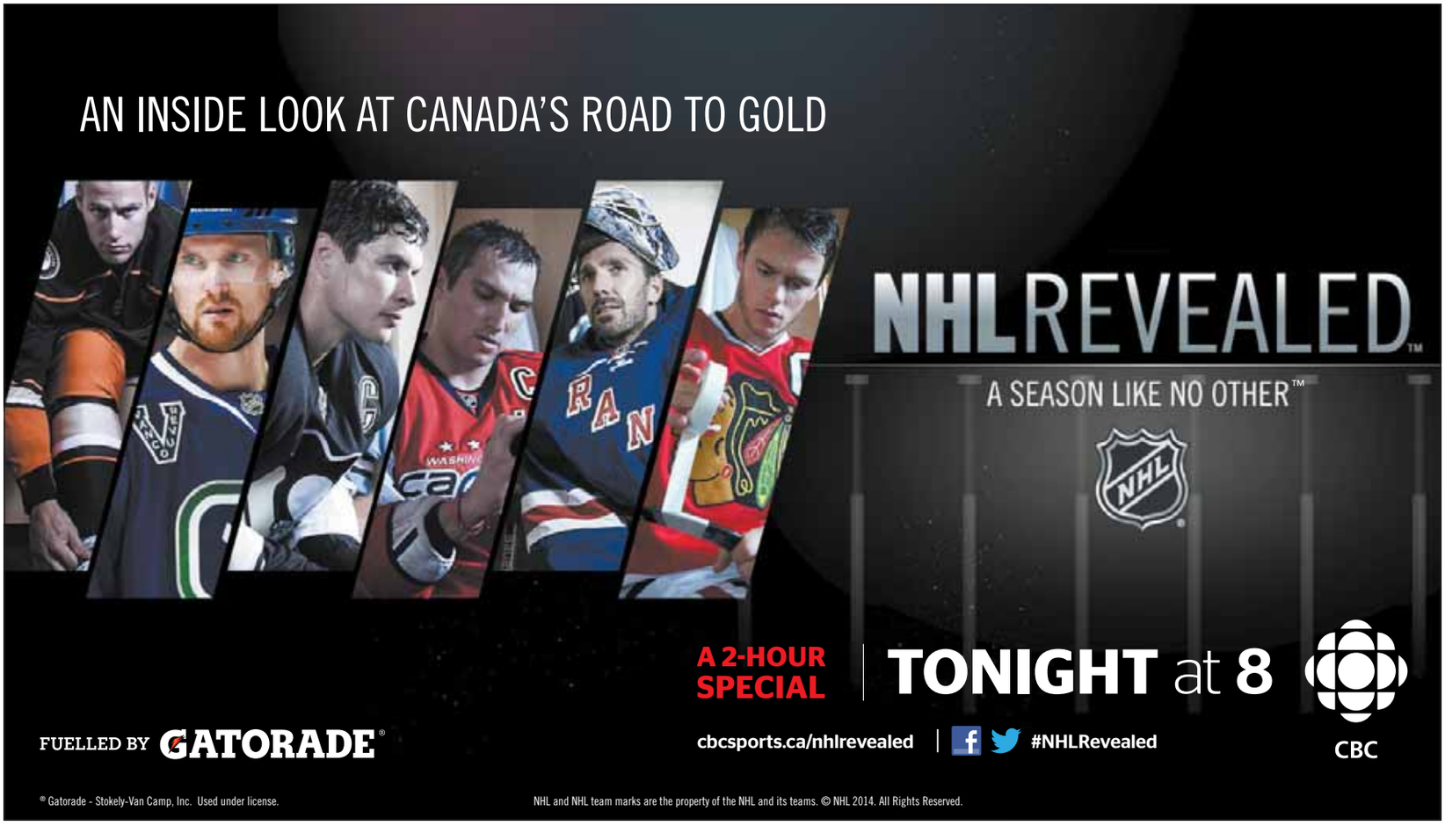
TSX 14,188.58 (-0.40)

OIL $102.59 US (+$0.76)

GOLD $1,328 US (-$14.70)

Natural gas: $4.53 US (-$0.13)
Dow Jones: 16,198.41 (+ 18.75)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HOW TO SCORE A DATE

HE SAYS

John Mazerolle
metronews.ca

There was a time when online dating was an embarrassing ordeal, but now it's so commonplace that you'd be an idiot not to have an online profile.

Sure, you might have a loving spouse and a beautiful child, but you haven't truly lived until you've experienced the thrill of a suitor who eyes your 1,500-word profile, feels a moment of inspiration and writes, "Hey."

I spent so many years on dating sites that it might be the Stockholm Syndrome talking, but I really came to enjoy the myriad of ways people misspelled even the simplest English words. "Beautyfull girl with nothing too loose lokking for someone spatial!"

With enough hours online to merit a Malcolm Gladwell reference, a friend of mine recently asked me to offer advice about her profile. I was honoured. In reply, I've written this can't-miss list of online dating tips that will have her — and your — inbox filled with so many yo's and sup's that the NSA won't have the resources to keep up.

Love Bytes: A Guide To 'Electronic Dating'

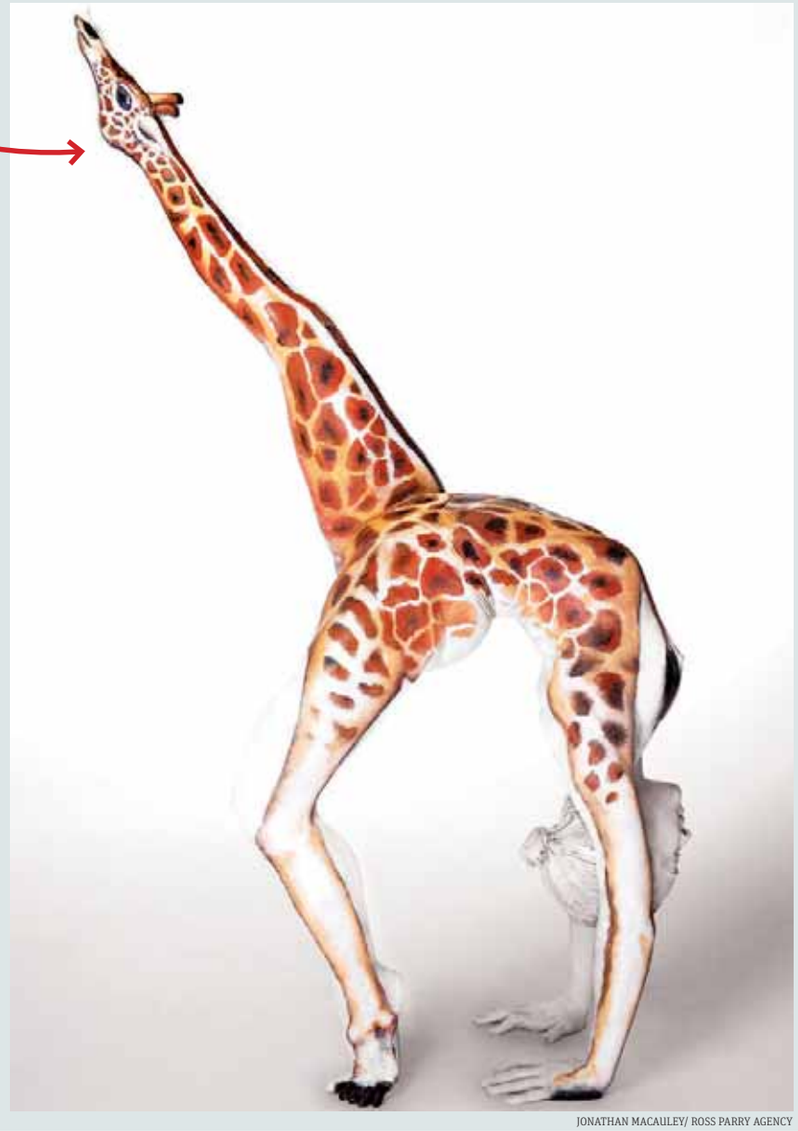
- Your profile name, or handle, should include your full name and address to speed things along.
- Next comes the tagline. Reel in potential suitors with so-called "clickbait" headlines, like "You Won't Believe What Happened To The Last Guy I Dated."
- Never lie, unless you're older or heavier than you want to say you are, in which case go to town.
- Ask a compelling question to prompt more meaningful messages. "If God loves us why must people suffer?" and "Are gravitons fundamental in string theory?" are both great conversation starters.
- Be specific. Wrong: I'm quirky and fun. Right: I am the mayor of Toronto.
- Be sure to list all the things you DON'T want, especially freaks, flakes and game-players, in angry detail. Ranting about previous partners with absolutely no prompting lets people know you mean business. It's no different than when you apply for a new job and your cover letter says, "I'm a good worker, so you'd better not be a lame company or I walk."
- Be sure to pepper the profile with LOLs. Besides their inherent aura of intelligence and charm, the mental image of you laughing at each sentence you write as you sit alone with your laptop is irresistible.
- Taking a selfie in your bathroom mirror shows off your body and your bathroom, which is an efficient way to convey two important pieces of information.
- Big group shots with friends are great, because it shows there is a Plan B, C and D.

And that's my advice. I hope you found it helpful. One last word if you're an older person who is still afraid of technology: Learn to embrace computers and smartphones for your dating needs. Otherwise, you'll be dating yourself.

ZOOM

Artist bends body into an animal

At first glance it looks like a giraffe, but a closer inspection reveals the body of a gymnast contorting herself into the shape of the exotic animal. Beth Sykes, 20, from Featherstone, Yorkshire, in north England, says it was a "spur of the moment" decision to transform her body into that of the long-necked creature. METRO



JONATHAN MACAULEY/ ROSS PARRY AGENCY

The gymnast

"We just thought one day that it would be cool to paint me as a giraffe. Then finally we had some time and decided to do it. It took six hours of painting but it was worth it."

Contortionist Beth Sykes
Sykes teamed up with her friend and body art painter Emma Fay to produce her giraffe-like look.

All paint, apart from the ears

Fay the artist painted the head of the giraffe on one of Sykes' feet, and hooves on the other foot and one hand.

"The only bit that wasn't my body was the giraffe's ears — we made them out of a foam yoga mat," added Sykes.

METRO

Clickbait

DYLAN ROBERTSON
Metro Online

Worried about how loud sounds affect your health? Perhaps you're curious how noisy your neighbours really are. Your smartphone can be used as a decibel meter thanks to these free apps.

CONTRIBUTED

Decibel 10th:
This app includes a graph similar to a heart-rate monitor. It also tells you what your current sound environment is comparable to, like a hushed conversation or a plane taking off. A similar Android app is Sound Meter.

Decibels:
A camera comes with this app, allowing you to capture a photo along with the volume level at the time.

Decibel Ultra:
The two meters in this app measure both ambient sound and incoming noises. A number of sophisticated features allow you to calibrate the app's precision.

Twitter

@metropicks asked: Zuckerberg wants to give the whole world free Internet access hoping they will invest. Is it a good idea?

@auditorydamage: I'm sure this totally won't end up concentrating even more power in FB, which totally won't be abused at all.

@Canucklehead_ca: Good idea? No. GREATEST IDEA! If you're unable to look at cat pictures & argue with strangers, well ... that ain't living.

@ctmwyn: reducing the technology barrier can't be bad, unless users are forced to sell their personal information before given access.

@cableknitdragon: No because the last thing the internet needs is more facebook.

Follow @metropicks and take part in our daily poll.

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SCENE 2

Poutine ... and all that jazz

Cultural offerings. Festival du Bois offers up all things Québécois, while 15-piece jazz band plays the Chan Centre

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Festival du Bois is many things. But the French-Canadian cultural festival only needs one to draw an excited crowd to its 25th anniversary: poutine.

OK, so it's got a lot more going for it than just gravy- and curd-smothered fries.

There's live Québécois, francophone, folk, world and roots music too.

Check out the award-winning Fransaskois artist Alexis Normand, a six-piece Matuto, children's singer-songwriter Charlotte Diamond, melodeon lap accordion player Yoichiro Hattori, vocalist and multi-instrumentalist Dejah Léger, and many more.

They'll make for the perfect accompaniment to that aforementioned mess of a meal.

Reminder: it's poutine.

Also on the menu: a kid's tent, workshop tent and Sunday breakfast for those who'd like to grease the pipes before plowing into more serious fare, like tourtière and maple taffy on snow.

AND POUTINE.

Festival du Bois starts tomorrow and runs until Sunday at Mackin Park in Maillardville, Coquitlam. Day tickets are $5 (kids aged 5 to 12), $8 (students/seniors) and $12 (adults); a family package (2 adults, 2 kids) is $30. Sunday breakfast is $3 (kids) and $6 (adults). For more info, visit FestivalduBois.ca.

If poutine doesn't satiate your cultural appetite (what's wrong with you?), check out the debut of the Jazz at Lincoln Centre Orchestra with Wynton Marsalis at the Chan Centre (Chan Shun Concert Hall, 8 p.m.) on Saturday. The incredible 15-piece band will perform works from across the jazz spectrum, including modern renditions of traditional favourites by Thelonious Monk, Herbie Hancock, Joe Henderson, and more.

Bandleader Marsalis is a nine-time Grammy winner. He's also won a Pulitzer and, while not without his critics, is widely considered to be one of the best practitioners of jazz on the planet.

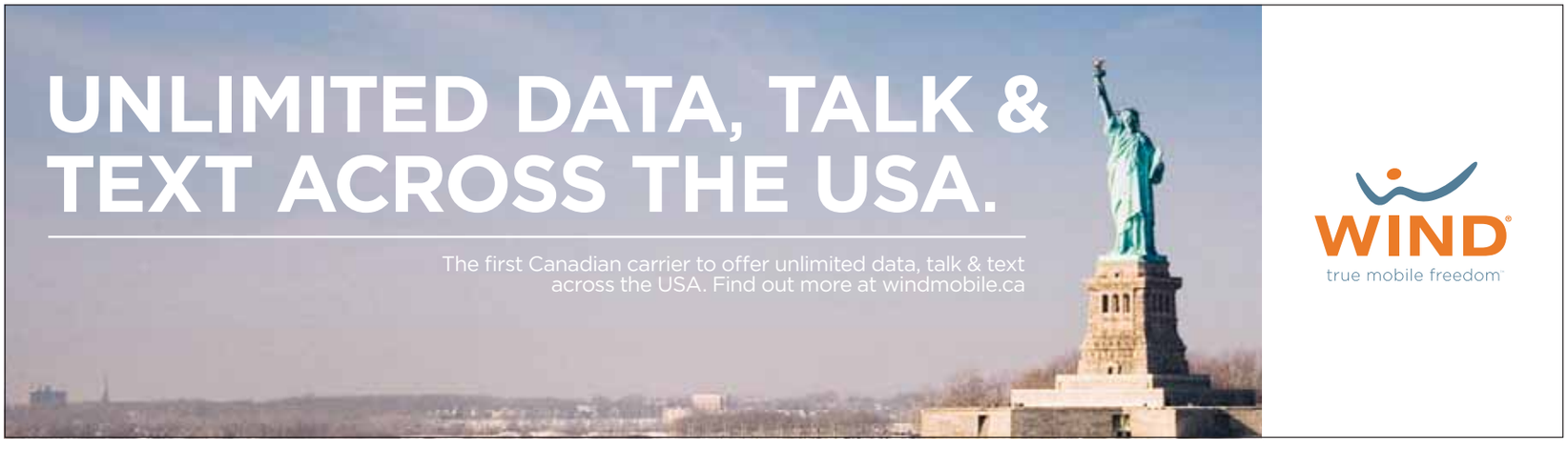
It's a rare opportunity to see a group of this calibre in such an intimate setting.

Tickets start at $63. More info at ChanCentre.com and Ticketmaster.ca.

Jazz at Lincoln Centre Orchestra with Wynton Marsalis plays the Chan Centre on Mar. 1. CONTRIBUTED

Around town

- Next week, check out dramatic dance, engaging storytelling, intricately carved masks and elaborate regalia at the Coastal First Nations Dance Festival at the Museum of Anthropology (MOA).
- It starts Tuesday and runs until Sunday.
- Hosted by Dancers of Damelahamid, this year's event features artists from the Northwest Coast, South America, and more.
- Visit MOA.com for more information.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Is Annie Clark afraid of the dark?

Annie Clark spends a lot of time acting against herself in the aptly named film Solo. CONTRIBUTED

Solo. Toronto actress takes her first leading role in a freaky twist on the summer camp horror genre

ADAM NAYMAN
scene@metronews.ca

"I'm a city girl," says Annie Clark, and she plays one in Solo, a low-budget but high-efficiency Canadian horror movie about a young woman stranded on an island somewhere in the wilds of Ontario.

Clark's character, a troubled teenager named Gillian, is reluctantly taking part in an initiation exercise where new camp counselors have to spend two nights roughing it in the wilderness; as the film goes on, it becomes increasingly clear that she's far from alone. "I was actually going to become a camp counselor," says the 21-year-old Toronto native.

"But when I got to the point where I really had to do a solo, I was terrified. I quit camp before I had to do it, but (with this movie) I had to sort of do it anyway."

As its title suggests, Solo is a pretty focused showcase for its leading lady, who spends a lot of her screen time acting in a vacuum. To say more about the other characters would be a spoiler, but there aren't very many of them.

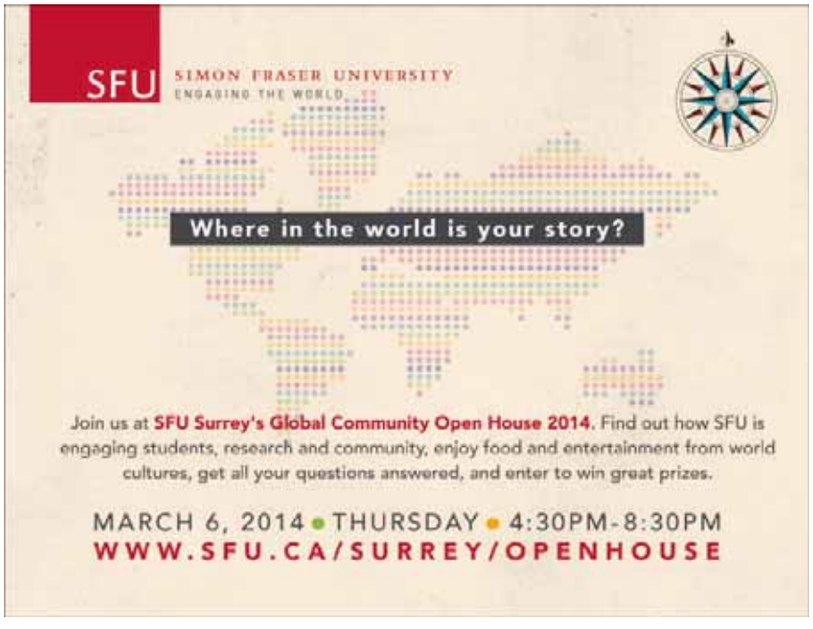
"When I first started reading it, I thought Gillian was going to die in the first few minutes," laughs Clark, who is branching into feature film work after a stint on Degrassi: The Next Generation.

Clark is still a relative newcomer, but she's already familiar enough with the business to know that it's important for a young actress to make discerning choices when it comes to roles.

"I want to do things I feel strongly about rather than just taking what I can get." She says that she's tried to keep from getting pigeonholed after Degrassi, but also that the show was a great initiation into the industry.

Quoted

"I did my own stunts. I had bruises all over the place, but I was proud of them."
Annie Clark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1. CRAZY TOWN Robyn Doolittle
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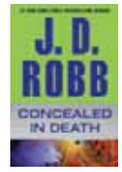
Weeks on List: 4



2. CONCEALED IN DEATH J.D. Robb
In a long-empty New York building, Lieutenant Eve Dallas's husband swings a sledgehammer into a wall. When the dust clears, there are two skeletons wrapped in plastic behind it. The incomparable J. D. Robb returns with the latest thriller in the #1 New York Times bestselling Eve Dallas series.
Weeks on List: 2

This Week		Weeks on List
3.	THE INVENTION OF WINGS Sue Monk Kidd	8
4.	DEADLINE Sandra Brown	5
5.	THE DEMONOLOGIST Andrew Pyper	7
6.	LIFE AFTER LIFE Kate Atkinson	8
7.	MY JOURNEY Olivia Chow	6
8.	PRIVATE L.A. James Patterson	3
9.	THE DEAD IN THEIR VAULTED ARCHES Alan Bradley	7
10.	THE TRIPLE PACKAGE Amy Chua	4
★ 11.	THE MUSEUM OF EXTRAORDINARY THINGS Alice Hoffman	1
12.	THE AWESOME GUIDE TO LIFE Jason Ellis	2
13.	CONFESSIONS OF A WILD CHILD Jackie Collins	4
14.	ALL JOY AND NO FUN Jennifer Senior	5
15.	THE MOMSHIFT Reva Seth	3
16.	THE POUND A DAY DIET Rocco Dispirito	8
17.	THE START HERE DIET Tosca Reno	8
★ 18.	THE FUTURE OF THE MIND Michio Kaku	1
★ 19.	THE CHASE Janet Evanovich	1
★ 20.	THE UNDEAD POOL Kim Harrison	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending March 3rd
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Arlie Shaban, 25, Stouffville, Ont.

What's your strategy?
All of the past players say you can't plan too far ahead. I'm going to go in there and be the guy that everyone likes. I'm going to be funny, tell some stories, cook some great meals and do the cleaning. I want people to want to keep me around.

You're confident about your chances.
Strategically, I'll be running the show. I think I'll get everyone to do exactly what I want them to do in a way that they don't know that I'm the one in charge.

Neda Kalantar, 22, Vancouver

Which past contestants are you most like?
Peter (Brown) in the way he played the game. It didn't work out for him in the end because he made a few mistakes, but I like the fact that he made a really strong alliance with Alec (Beall). I also like how Gary (Levy) had fun in the game. He didn't take anything too seriously.

Are you worried about what your parents may see and think?
I don't think so. I'm really close with my mom and she knows pretty much everything about me so I'm not too scared of that. She'll just shake her head at me. Hopefully I'm not going to do anything too embarrassing.

What will you do with the money if you win?
I would love to pay off my debts and my mom's debt. It would be awesome to have a down payment for a house.

What's your most unlikeable character trait?
My bluntness. I love that about myself but I know it's something that could get me in a lot of trouble. My filter is a little broken. I tend to over think every scenario.

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4 Big Brother house guests

If you thought contestants on the first season of Big Brother Canada brought the drama, get ready for drama on crack in Season 2. We asked four of them to reveal what Canadians can expect when the show premieres March 5 at 9 p.m. ET on Slice.

MAE BOWRING
for Metro Canada

Anick Gervais, 28, Sudbury, Ont.

What did you do before Big Brother Canada?
I'm a business development specialist. It's a fancy word for sales person for a mining company. I might not have a job when I go back. I'm pretty awesome at what I do, so I'm not too worried.

Any other hobbies?
I'm a Reiki master so I work with energies. I'm also studying reflexology, so I give a mean foot massage.

So you'll use that to your advantage?
If somebody's stressed out and HOH (head of household) then I'll be like, 'Hey I'll give you a session if you don't nominate me (for eviction)'.

I'll also use my bartering skills.

Are you worried about how you'll be portrayed on the show?
People always expect the unexpected with me so anything I do, people won't be surprised. Once I met a guy in a bar and less than a month later I lived in Scotland. I just pack up and go. I'm a bit of a gypsy.

Kyle Shore, 24, Porters Lake, Nova Scotia

How did you react when you found out you were selected?
For once in my life I was speechless. It's like if you're with a girl and her dad walks in and you just freeze like a deer in headlights. That was the feeling.

What's the one word you'd use to describe yourself.
Outgoing, because I love to party. I have to be social and in the scene. I'll try anything once.

What do you do back home?
Personal trainer. I'm waiting to get into either policing or the military. I can't be a desk jockey. I've got to keep moving.

You're outspoken. Are you worried about offending people?
I've done university speeches where I've had to watch my slang and s— like that.

THE METRO NEWS JUST FOR LAUGHS DANNY BHOY CONTEST

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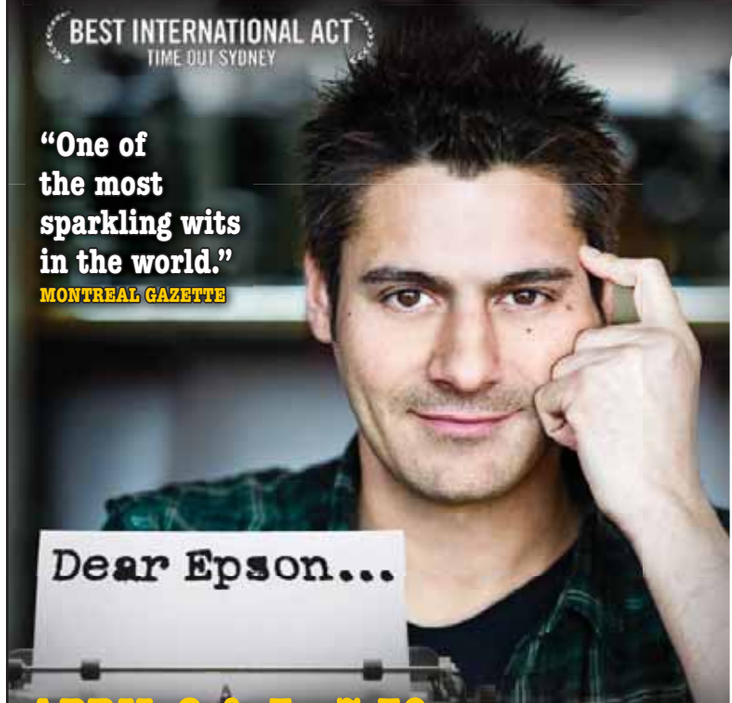

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Mayim Bialik still boosting breastfeeding

Mayim Bialik may be done nursing her two sons, but she's still more than happy to defend the practice of breastfeeding in public. "I think anywhere you give a bottle, you breastfeed. I would try and be absolutely respectful and conscious of the community I was in, but I don't believe you need to cover up a baby eating anymore than you need to cover up a baby drinking a bottle," the Big Bang Theory star tells the Huffington Post.

Mayim Bialik

Katy Perry and John Mayer ALL PHOTOS GETTY IMAGES

They're in, then they're out

So much for the engagement rumours. Katy Perry and John Mayer have reportedly split up once again, according to Radar Online. The couple's second go at romance — after an earlier breakup — seemed to be going well, with each being very forthcoming in interviews about their feelings for each other. They even duetted on Mayer's "Who You Love," and Perry was spotted recently with a diamond on her finger than many thought signalled impending marriage. But it was reportedly Perry herself who initiated the split.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lawrence looks at year-long vacation

MELINDA TAUB
Metro World News in New York

Have we loved Jennifer Lawrence so hard that we broke her?

Despite — or because of — our affection, the world's most adored actress is planning to take a lengthy hiatus from acting, according to Harvey Weinstein. "She's going to have a long break for a year where she won't do anything. It's been non-stop for her and she deserves a rest," Weinstein, who produced Silver Linings Playbook, told the U.K.'s The Sun.

Why does Jennifer need a rest from being a movie star? Apparently, carrying two major movie franchises while also starring in a steady stream of Oscar bait (not to mention being relentlessly charming in interviews) can wear on a person. "Jennifer is too nice and will do people favours and agrees to do a movie like American Hustle when she could have had a rest," Weinstein said. "She signed on to do Hunger Games when she was young and wouldn't have realized how much it would dominate her life. But she's a professional and always will be."

Well, OK. I guess she can take a break, as long as she comes back — and assigns a substitute to make fun of Sarah Jessica Parker's hats in her stead.

Twitter

@ElizabethHurley
Just joined a gym for the first time in 20 years. About to have a fitness assessment. Gulp.

@SarahKSilverman
My morals aren't the same as your morals

@AlbertBrooks
I hope Netflix never opens a restaurant

Robin Thicke

Robin in Thicke trouble with his fans

Robin Thicke may be breaking up with his fans along with wife Paula Patton. The Blurred Lines singer cancelled yet another show on his U.S. tour earlier this week, the third consecutive show to be scrapped. "Due to unforeseen circumstances, Robin Thicke will postpone his performance at Harrah's Cherokee," the North Carolina casino announced on its website. "This concert will be rescheduled and the new date announced as soon as possible." Thicke also bowed out of shows last week in Atlanta and Orlando, citing vocal problems. "I never want to let down my fans, but I have unfortunately lost my voice and cannot perform," said Thicke, who announced on Monday that he and Patton are separating. If this keeps up, the Boston University students who started a petition to cancel Thicke's March 4 concert there — on complaints of his "misogynist music" — might not have anything to worry about.

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Kloss is now in session: We want those moves like Karlie

She walks the walk...
And talks runway season, that trademark stride and her inner hopeless romantic

RICHARD PECKETT
Metro World News

Karlie Kloss rapidly became a runway mainstay after being discovered in 2005 at age 13. HANDOUT

Karlie's career is on pointe

"Ballet was the best training I could have had for a modeling career."
Karlie Kloss

Karlie Kloss is one of those rarefied models that women obsess over and men lust after. Now her stock is so high rumour has it the American-born model can only be booked for shows through special arrangement.

You've got the most confident walk in the business. Do you find being on the runway empowering?

I do. I really enjoy being on the runway. It's a very different part of my job compared to photo shoots. It's a performance similar to the ballet performances that I remember from growing up, so I enjoy runway shows because of that.

How did ballet prepare you for the modeling industry?

Ballet was the best training I could have had for a modeling career. It teaches movement, gracefulness and how to express emotion. Telling a story through movement is very important in a modeling career.

Valentine's Day has recently come and gone. Did you buy into it or are you a cynic?

Well I do like Valentine's Day. I like any excuse to show some warmth and love. I think that goes for not just your boyfriend or girlfriend but it's also an excuse to write a love note to your friends, your mom, anyone.

Are you a romantic?

I am. I am a romantic. Yeah, it's also a good holiday for good chocolate.

What's the cheesiest chat-up line you've received?

Hmm, cheesiest chat-up line: "Did it hurt? Did it hurt, angel, when you fell from heaven?" It's an automatic game over.

You're photographed in lingerie a great deal — a look that men's magazines like to perpetuate as real-life. Is this the case?

No, I'm into sweatpants and my boyfriend's T-shirt. I like to be totally boring and watch [American] football, there's no fancy lingerie. But on a special occasion it's always fun to get dressed up and that's why there's some good stuff here at Victoria's Secret.

Good plug.

Canadian street style

Spotted in: Toronto

Name: Kara Lane

Age: 23

Occupation: Front woman of angsty pop band

What she's wearing
Doc Martens, camo pants from Value Village, Cowichan sweater stolen from my friend's boyfriend and a head chain from Emidesh.

Her inspiration
Xena, the warrior princess.

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

Trends Report

Retro fashion and beauty is seeing a revival this spring, inspiring the latest looks on both fashion runways and red carpets. Go online to Trends Report to see how you can get the look that singer Taylor Swift has mastered.

• **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Taylor Swift images from Getty Images

Nursery, I got hue, babe

Crib notes. Looking for non-traditional colours for your newborn's room? We've got you covered

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I am expecting a baby and don't ascribe to the traditional colours for decorating a baby's room. I also don't know the sex of my unborn. What are neutral-gendered, on-trend colours for painting and decorating? — Nathalie Hicks, Toronto

More parents are opting for non-traditional baby rooms and decorating the space to please themselves as they spend time with their newborn. Once a child develops a preference for styles and colours, usually by age three, it's a good time to re-decorate to suit their personalities. Happily, many retailers carry colourful nursery decor that falls outside traditional schemes.

Here are a few designer tips to get you started:

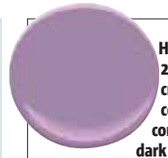
1. Match any wood tones of baby furniture to other wood tones you might already have throughout your home, such as dark espresso or bleached oak.

2. Consider using a grown-up area rug with fabulous colours and patterns instead of the predictable nursery story-printed rugs.

3. Never be afraid of using deep colours for a newborn's room. It's a space where you are training them to sleep, so the less stimulation the better.

Mix whimsy and colour for those early years. Canadian designed Duc Duc Crib offers a toddler bed conversion kit and a variety of fun words to apply. $1,634, modernkaribou.ca

A quirky orange kangaroo plush cushion becomes an instant best friend for baby. Its pocket makes a great spot for an extra soother. Machine washable. $10, simons.ca



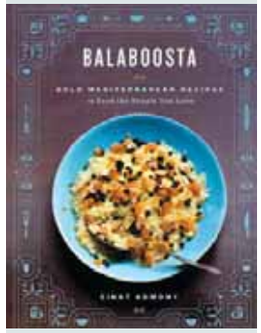
Hazy Lilac 2116-40 paint creates a cozy room to complement dark or light wood tones and trendy shades of grey and orange. benjaminmoore.ca

Keep storage long and low so toys can be displayed at a comfy height, leaving room for shelves and hooks above. Bjursta Sideboard, $300, ikea.ca

A recycled rug is on trend and a perfect choice for a child's room. Ottoman Yama Patchwork 6x8, $475, ecarpetgallery.

Cookbook of the Week

A mixture of cultures and tastes



As a mother, wife and chef who runs three busy New York City restaurants, Einat Admony knows about being a New Age "balaboosta" (Yiddish for "perfect housewife"). It makes sense then that her cookbook shares the same name.

Balaboosta offers 140 recipes that blend Admony's mixed Israeli heritage (Yemenite, Persian) with the Mediterranean palate she developed working in New York City.

Among the dishes in the book are: Spicy Chicken Tagine, Fenugreek Fried Bread, Yemenite Oxtail Soup and more. **METRO**

Flawlessly flavoured from the inside out. Whole roasted fish

"This is the classic Mediterranean preparation for fish, without all the fancy filleting, searing, steaming, or curing," writes Einat Admony in her book Balaboosta: Bold Mediterranean Recipes to Feed the People You Love.

"The key is to layer the ingredients inside the fish, instead of on top, so that the flavour permeates every last ounce of the meat."

1. Preheat the oven to 350 F.

2. Pat the skin dry on the branzino with a few paper towels. Stuff the cavity of each fish with one sprig each of thyme and rosemary, one garlic clove, and two slices of lemon. Place the fish on a baking sheet lined with parchment paper and drizzle with olive oil.

3. Roast in the oven until cooked all the way through, about 30 minutes.

4. Meanwhile, make the yogurt dill sauce: Combine the yogurt, garlic, lemon juice, and salt in a blender. Puree until smooth, then very slowly add the olive oil in a thin stream. Scrape the yogurt mixture into a bowl and stir in the chopped dill. The sauce can be made ahead of time and kept in an airtight container in the refrigerator until ready to use.

5. Serve each fish with the yogurt dill sauce.

EXCERPTED FROM BALABOOSTA BY EINAT ADMONY (ARTISAN BOOKS). COPYRIGHT (C) 2013.

Ingredients

- Four 1 1/4-lb whole branzino, gutted and cleaned
- 4 fresh thyme sprigs
- 4 fresh rosemary sprigs
- 4 garlic cloves
- 1 lemon, sliced into 8 rounds
- Olive oil

Yogurt Dill Sauce

- 3/4 cup non-fat yogurt
- 1 garlic clove, coarsely chopped
- 2 tbsp fresh lemon juice
- 1/2 tsp kosher salt
- 1 tbsp olive oil
- 1 tbsp finely chopped fresh dill

NEUTRAL HUES MAY LURE BUYERS

CANDYBOX IMAGES/SHUTTERSTOCK

A fresh coat of paint can work wonders to update the look and feel of your home. That's one reason why taking up the brush and roller is often a recommended upgrade when selling. And when it comes to colour, more often than not, your real estate agent will recommend neutral hues.

"The reason we recommend neutrals is that we want prospective homebuyers to picture themselves living in the home," says Carla Bouchard, a broker with Royal LePage Metro. "A pallet that is too strong may not be to everyone's taste — and yet today's neutrals are giving us many more options beyond the typical beige."

Bouchard points out that neutrals today have a lighter touch with a slight shift toward pastels. These colours are popping up in textiles, countertops and carpets, and can be a great complement to furnishings and art.

She recommends the following tactics to choose paint colours to rejuvenate your surroundings and do the heavy lifting should you decide to sell your home.

Select a shade drawn from prominently displayed artwork, accessory or furnishings. Doing so will ensure that your home is one step closer to "show time" if and when you decide to sell.

Consider adjacent rooms. Think about how your chosen colour will interact with adjacent rooms. Strive for complimentary hues from a colour wheel to provide natural flow from room to room.

Consider what time of day the room will be most often used. While you may be tempted to paint a basement room a bright sunny yellow, if the room is to be used most often in the evening, hues of blue, green or grey may be more appropriate.

Bring home a paint sample or oversized paint chip. Make an informed choice and consider how it looks in your room, and under various lighting conditions, before you commit. *– News Canada*

BRIMMING WITH OPPORTUNITY

RED DOOR VENTURE GROUP OPENS DOORS IN SASKATCHEWAN

DEKLOFENAK/SHUTTERSTOCK

Saskatchewan is the land of opportunity for real estate developers and industry insiders, and the Red Door Venture Group is leading the way.

"There is real estate potential as far as the eye can see in Saskatchewan and it is potential that investors should be taking advantage of," says Jaimey Midtdal, Red Door Venture Group's spokesperson.

The Saskatchewan-based real estate marketing company is building on the province's solid economic foundations to provide a variety of the best-valued homes in the country, Midtdal says.

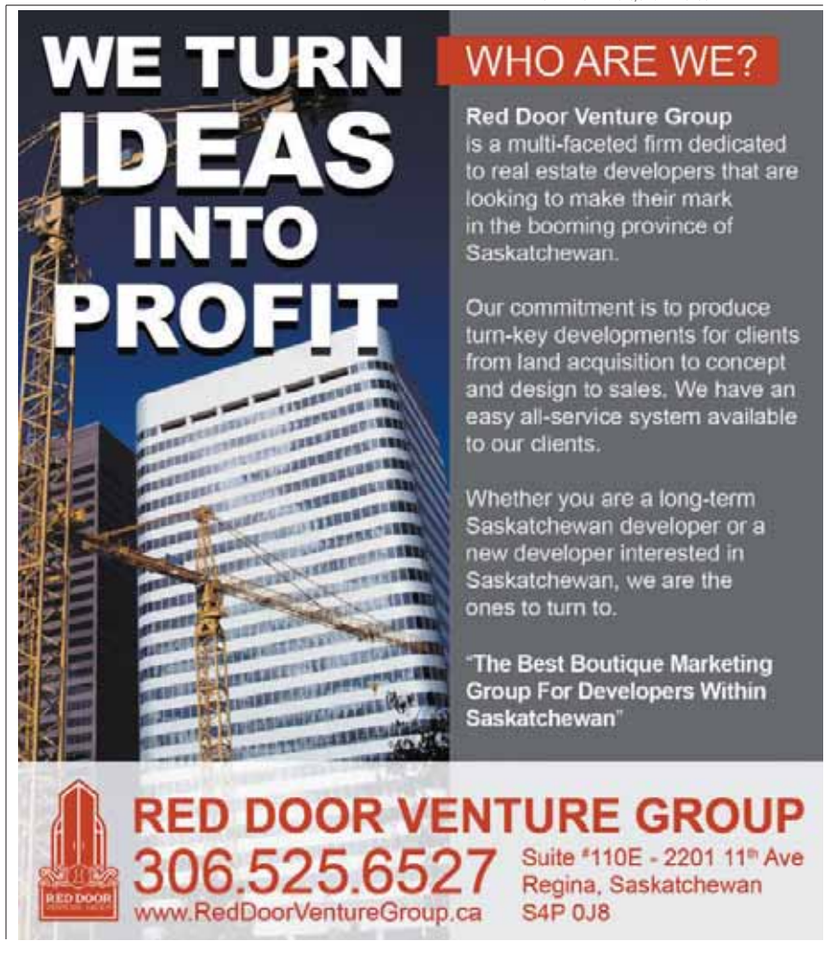
"The amount of undeveloped land has attracted real estate developers who see a bright future and burgeoning economy."

The company is teaming up with outstanding local developers to deliver high-quality developments across the province, Midtdal says. The vast amount of undeveloped land in Saskatchewan has left the real estate market open for new and innovative real estate opportunities for developers and for buyers.

"The province's solid economic foundation has allowed unprecedented growth in Saskatchewan, and the real estate market has followed suit."

Red Door Venture Group works with developers throughout the process, beginning at the land acquisition stage and continuing through to concept, design, and sales.

For more about Red Door Venture Group or to schedule a complimentary consultation, visit RedDoorVentureGroup.ca.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Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan.
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DEVELOPMENT DELIVERS BALANCE

Wherever home is, it should be a place that gives you the best of all worlds. That balance is precisely what Wall Centre Central Park was designed to deliver its residents, says Linda Chu, director of marketing at Rennie Marketing Systems.

The new master-planned condo development in Vancouver is located walking distance from Metropolis at Metrotown Mall, Crystal Mall, the Burnaby Public Library, Joyce-Collingwood SkyTrain Station and Burnaby's beautiful Central Park — everything that residents will need and more.

The next phase of the development now available for sale, the Gardens on Ormidale, will be the smallest of the four buildings of Wall Centre Central Park, and will give buyers a chance to own a home a little bit closer to the residential side of the site.

"The Gardens on Ormidale is a more intimate offering facing the quiet residential street Ormidale," Chu says. "Many of our buyers so far have been young families, or couples who are planning to have children in the near future. The location has proven to be great for them, being close to friends and family, shopping, the Collingwood Neighbourhood House and, of course, Central Park. It ticks all the boxes."

CONTRIBUTED

Pick up groceries and all your essentials at one of the multiple grocery stores nearby, including IGA, Safeway, Superstore and T&T Supermarket. Or if you are feeling like you need a break, pick up coffee or dinner at one of the many neighbouring eateries.

Recreation is at your fingertips at Wall Centre Central Park, Chu says.

"Central Park right across the street has so many things to do. Families can have fun at the pitch-and-putt golf course, a picnic area, kids' play park, tennis courts and its free outdoor fitness circuit with exercises planted on the trails all throughout the park."

Wall Centre Central Park is about making the most of your busy schedule, spending less time on commuting and more time on living.

IDEAL MIX OF CONVENIENCE AND DESIGN

Why rent when you can own?

Homebuyers are looking for homes that fulfil all their needs, indoors and out.

"Homes at Wall Centre Central Park were designed to give residents the ideal mix of convenience and design," says Linda Chu, director of marketing at Rennie Marketing Systems. "The interiors are thoughtfully laid out with space saving and optimal usage in mind."

Arguably the best feature of the Wall Centre Central Park suites is the bright and oversized windows that deliver stunning panoramic views of Metro Vancouver and flood the homes with natural light.

"The view makes all the difference," Chu says. "Because of our location most homes start offering fabulous views starting from just the fifth floor. The homes face the mountains to the north and east, Central Park and the Fraser River to the south, and the expanse of the city and Vancouver Island off in the distance to the west."

CONTRIBUTED

Buyers can choose one of two designer colour schemes for their home, light or dark, and every home comes with sleek, brushed nickel door handles, deep, cocoa wood-tone floors, ceramic tile and stone accents, and other high-quality finishes.

Cook and entertain in style in your kitchen at Wall Centre Central Park. The Shaker-style cabinetry and quartz slab countertops lend a simple, classic look and practical features to the workspace. The Liebherr refrigerator, Porter & Charles dishwasher, and dual-fuel gas stainless steel range make it a pleasure to chop, juice, fillet and sauté, and just as easy to clean up afterward.

The fine finishings and fixtures continue into the bathroom, which welcomes residents and guests with natural marble countertops and a mirrored medicine cabinet. All features are standard, which makes the starting price of $269,900 one incredible deal.

Residents will also find many amenities to take advantage of within the development. Green space is abundant, including a green roof with a community garden and a patio for enjoying the view, and public open green spaces in which to relax.

Driving less is part of the new lifestyle at Wall Centre Central Park. Thanks to the car co-op, bike hub and the Joyce SkyTrain station just a five-minute walk away, residents will have lots of options on the go.

Only until March 31, you can own with just 10 per cent down. Learn more at wallcentrecentralpark.com.

REAL OPPORTUNITY

Yes, owning a home in Vancouver is possible if you know where to look.

That opportunity is real at Wall Centre Central Park in the neighbourhood of Collingwood. So named for its proximity to the GVRD's landmark Central Park, the development has homes starting from just $269,900.

"This is the perfect place for new homeowners to get into the Vancouver market," says Linda Chu, director of marketing at Rennie Marketing Systems. "It's an established neighbourhood that is only going to grow.

"Since affordability is one of the top requirements, we have reduced the deposit so that buyers can own with just 10 per cent down. To put it into perspective, that's just $26,990 to get into the Vancouver condo market, and buyers don't have to pay anything more until they move in in 2016."

For more, visit wallcentrecentralpark.com or call 604-874-9232.

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Some conditions apply, offer is valid until March 31, 2014, please ask for details. The developer reserves the right to make changes to the information contained herein without notice. E.&O.E.

HOMES MAXIMIZE NATURAL LIGHT

North Vancouverites love their city for a reason. It's one of the greenest, yet most accessible areas in Metro Vancouver.

And now homebuyers can get into the market affordably. Capstone, a new boutique condo development of 71 homes, is built by Fairborne and located in the Lower Lonsdale neighbourhood of North Vancouver.

The six-level, concrete and glass development was designed by award-winning firm Buttjes Architecture Inc., and designed with high-quality standards.

Light was a major factor in the home design, says Chad MacTavish, sales manager at Capstone.

"Every home was designed with airy, nine-foot ceilings and balconies positioned so that every home maximizes its natural light," MacTavish says.

Selling now and move-in ready for late spring, Capstone still has an ample selection of one-bedroom-and-den and two-bedroom homes available, ranging from 690 to 1,100 square feet.

The development's one-bedroom-plus-den homes begin at only $399,900 — a great deal for first-time buyers or couples looking to downsize, MacTavish says. Plus, for a limited time, Fairborne is offering $8,000 off its one bedroom and dens.

CONTRIBUTED

The homes offer residents the best in quality and convenience, including durable and easy-to-clean laminate flooring throughout the entry, kitchen, living and dining rooms.

Each state-of-the-art kitchen is fitted with full-sized Fisher & Paykel stainless steel fridge and premium, stainless steel KitchenAid appliances and a gas cooktop. Double-thick granite countertops, a tile and glass backsplash, and real wood cabinetry with soft-close doors and drawers provide stylish accents.

In the bathrooms, residents will enjoy the natural stone countertops, large porcelain floor tiles, a frameless glass shower, a built-in medicine cabinet and a high-end Kohler toilet.

Located on a quiet street in the best location in Lower Lonsdale, Capstone is the ideal place to take advantage of North Vancouver's accessibility.

"Residents will be able to walk and take the bus or SeaBus downtown in about 15 minutes," MacTavish says.

Capstone residents will also find convenient recreation, shopping and entertainment options nearby, while Lonsdale Quay Market is just two blocks away.

"Capstone is perfect for those who want to stay close to the action of downtown, and enjoy living in a quiet, established neighbourhood," MacTavish says.

Visit the presentation centre and display suite. Learn more at liveatcapstone.com or call 604-929-8870.

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NEWS CANADA PHOTO

SYDA PRODUCTIONS/SHUTTERSTOCK

TIME TO TAKE A DECOR RISK

Spring is the perfect time to take decor risks, and playing with various patterns is a simple but effective way to inject a burst of stylish impact in the home. Sometimes though, mixing patterns can be more intimidating than inspiring.

Sharon Grech, the colour and design expert from Benjamin Moore, explains why you shouldn't be afraid of the art of pattern play.

EXPERIMENT WITH VARIOUS TYPES OF PATTERNS

"Done are the days of matching the pattern in the cushions to the rug," Grech says. "Today's modern look is all about mixing prints with accent pieces like drapes, cushions, throw pillows and art. Try combining a bold, geometric print with an organic, floral motif. These prints actually complement each other and add a lot more visual interest to the space."

COLOUR IS THE UNIFIER

The trick to tying in all the design elements in a room is choosing a harmonious colour palette that unites the patterns together. For example, in the photographed room above, the colour Ally's Earring was used on the walls, which is accentuated in all of the patterned accessories. The ceiling was painted in a beautiful, soft blue called Breath of Fresh Air, and other values of blue were introduced in the soft furnishings. The eye is drawn to the commonalities, resulting in a pleasing overall aesthetic effect.

VARY THE SCALES

Patterns can range from a small, medium or large scale, and a balanced room will include a mix of them in various shapes and sizes. While a larger pattern can help tie the room decor together, smaller patterns will draw attention to a specific area of the room. Make sure they are distributed evenly throughout the space, since too many prints grouped closely together will weigh the room down.

ADD SOME TEXTURE

Aim for mixing three prints in a given space. If this proves to be a decor challenge, play with mixing various textures instead. As shown in the photo, the subtle textures found in the fabrics, like the couch and rug, provide dimension, without actually acting as a pattern. The layered stone fireplace and gradation in the hardwood flooring complete the look. *– News Canada*

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D#31042

MLS

Whitecaps acquire midfielder Laba from Toronto FC

The Vancouver Whitecaps have added another piece to the middle of the park, acquiring midfielder Matias Laba from Toronto FC in exchange for future considerations, the local Major League Soccer club announced Wednesday.

Terms of the deal were not disclosed. Laba is a designated player who made $200,000 last season in Toronto. He appeared in 16 games for TFC last season, scoring once.

"Matias is a promising young talent and we are excited to have him join our club," said Whitecaps head coach Carl Robinson in a statement.

"He is a hard, aggressive player who brings a lot of energy to the pitch and although he is only 22, he is a natural leader on the field."

Because it is a trade, and not a loan, Laba can play Toronto FC in regular season or Amway Canadian Championship games, the Whitecaps confirmed via Twitter.

The Whitecaps also dealt the MLS rights of midfielder Daigo Kobayashi to the New England Revolution in exchange for the fourth-round pick in the 2016 MLS SuperDraft.

The Whitecaps recorded a 2-0 win in exhibition play over the San Jose Earthquakes in Portland on Wednesday. Kenny Miller and Darren Mattocks scored for Vancouver.

The Whitecaps conclude the pre-season on Saturday with a match against the Portland Timbers. CAM TUCKER/METRO

Kesler wants out of Vancouver: Report

NHL. Vancouver's second-line centre is currently 'day-to-day' with a hand injury

CAM TUCKER
0@metronews.ca

Ryan Kesler's status with the Vancouver Canucks remains unclear, and that's not restricted to his current health.

Kesler is listed as "day-to-day" with a hand injury suffered in the preliminary round of the men's hockey competition at the Sochi Olympics, and he did not play against the visiting St. Louis Blues at Rogers Arena on Wednesday.

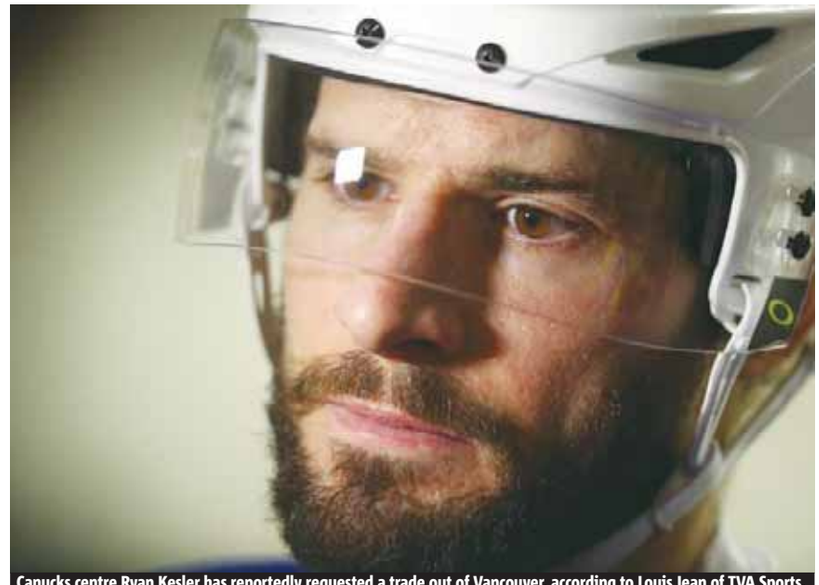
That's all the information Canucks head coach John Tortorella was willing to give on Kesler prior to the game.

"There's no sense of being frustrated. If Kes could play, he'd play," said Tortorella.

"He's played really hard for us this year. It is what it is. We need to get ready to play the game. The most important thing is playing the game and with the bodies that we have, we need to do the best that we can do."

While curiosity grows around the seriousness of his injury and how long it may keep the fiery centre out of the lineup, there is increasing talk about his immediate future as a member of the Canucks.

With the March 5 NHL trade deadline quickly approaching, there have been reports linking Kesler's name to a possible trade in the coming days.



Canucks centre Ryan Kesler has reportedly requested a trade out of Vancouver, according to Louis Jean of TVA Sports. PAUL GILHAM/GETTY IMAGES

Canucks 1, Blues 0

The Vancouver Canucks snapped a seven-game losing streak thanks to a 1-0 victory over the visiting St. Louis Blues at Rogers Arena Wednesday.

- Jannik Hansen scored just past the midway point of the third period on a wrist shot under the right arm of Blues goalie Jaroslav Halak on a partial breakaway for his 10th goal of the season.
- Vancouver goalie Eddie Lack recorded his third shutout of the season.

CAM TUCKER/METRO

Kesler, 29, has 20 goals and 38 points in 60 games this season. A former first-round pick of the Canucks in 2003, he's also in the fourth year of a six-year contract worth $30 million and an annual cap hit of $5 million.

Louis Jean of TVA Sports — in May, he was the first to report the Canucks had fired coach Alain Vigneault, before the club made the official announcement a few hours later — reported Wednesday that Kesler had requested a trade out of Vancouver.

Canucks general manager Mike Gillis and Kesler's agent Kurt Overhardt have both denied the report to various media outlets.

Not only does this development precede the trade deadline, it comes as the Canucks resumed their schedule looking to snap a seven-game losing streak, which they did with a 1-0 win over the St. Louis Blues Wednesday.

Heritage Classic setup 'right on schedule'

NHL senior manager of facilities operations Mike Craig. CAM TUCKER/METRO

The first steps to making a temporary rink and ice surface at BC Place Stadium for the upcoming Heritage Classic are well underway, with NHL crews working around the clock.

The NHL officially took over BC Place on Monday, six days before the Heritage Classic between the Vancouver Canucks and Ottawa Senators. Led by NHL senior manager of facilities operations Mike Craig, crews first charged the refrigeration system Tuesday evening, and began spraying water to make the ice in the early morning hours — around 4 or 5 a.m., said Craig — Wednesday.

"We're right on schedule, so everything is going as planned," said Craig.

The ice surface will be about an inch and three-quarters thick. It will take "a couple hundred laps and sprays of water" before they're finished," Craig added.

The two teams will be able to practise at BC Place on Saturday.

The biggest concern is the weather, which will have an impact on whether the stadium's roof is open or closed.

Environment Canada's forecast as of Wednesday evening was calling for cloudy conditions with a 40 per cent chance of showers, and a temperature of 6 C for Sunday.

"We want to have it open for the game," said Renzulli.

A decision to close the roof or leave it open will likely be made around 10 a.m., according to Renzulli.

CAM TUCKER/METRO

Young arms aim to navigate their way into M's rotation

MLB. Future may arrive this season in Seattle with the likes of Paxton, Walker pitching every fifth game

When James Paxton and Taijuan Walker were included in the Seattle Mariners' major-league camp last spring, it served as a reward for their performance in the minors with no real expectation that their major-league debuts were imminent.

This year, the top-two pitching prospects in the organization aren't just in camp to get experience throwing against a major-league roster.

They know the Mariners want them to win jobs coming out of spring training to solidify the back end of the rotation.

Taijuan Walker made three starts with the Mariners last season, posting a record of 1-0 and an ERA of 3.60. GETTY IMAGES FILE

That changes the game a little bit.

"After having that time in the big leagues and feeling that I belong, I come into this camp feeling like I think I can do it and I have a chance of starting the year with the club," said Paxton, a tall 25-year-old left-hander. "I feel good about where I'm at right now and I'm looking forward to getting out there and competing."

Paxton and Walker are the biggest names among a foursome of young pitchers vying for rotation spots. Erasmo Ramirez has the most experience of the young group and could end up in the rotation as well, and Brandon Maurer started last season in the rotation before being sent to the minors. THE ASSOCIATED PRESS

Grizzlies hang tight vs. Lakers

Grizzlies forward James Johnson drives to the basket against the Lakers' Pau Gasol on Wednesday night in Memphis, Tenn. Despite the Lakers' late three-point shooting display — 7-for-11 in the fourth quarter — the Grizzlies held on for a 108-103 win. LANCE MURPHEY/THE ASSOCIATED PRESS

Soccer

'Disjointed' Canadian team faces stiff test

Canadian women's soccer coach John Herdman will be thinking more about style-building than team-building when his squad competes in the upcoming Cyprus Cup.

Personal matters, injuries and educational commitments have left Herdman with what he calls a "disjointed" lineup for the March 5 to 12 tournament.

"It's a good test for the girls," Herdman said Wednesday on a conference call from Cyprus. "We know there are going to be quite a few European teams in the (2015) Women's World Cup. We have to make sure that this team are ready to play against that particular style that they bring."

In the group stage of the eight-team affair, Canada will take on Finland in Lanarca on March 5, Italy in the same city March 7 and England in Nicosia on March 10. THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
It won't be long before your mind is back in the groove. You will have a lot to say for yourself today but be very careful that you don't give away secrets to people who may be your rivals.

♉ Taurus
April 21 - May 21
According to the planets, you could make serious money but you need to get serious about your ambitions. Most of all, you need to commit yourself to an objective that may take years to reach. Are you ready?

♊ Gemini
May 22 - June 21
You will be challenged over the next few days, but you will rise to the challenge and come out unscathed. Remember: rivals are more scared of you than you need be of them.

♋ Cancer
June 22 - July 23
You will need to close your ears to criticism today. It does not matter how good a job you do, someone, somewhere, will pick holes in your methods or techniques. Ignore them and carry on as before.

♌ Leo
July 24 - Aug. 23
Be careful what you ask for over the next two or three days because you are likely to get it. Why should that be a problem? Because the responsibilities that go with it could take away a lot of the fun.

♍ Virgo
Aug. 24 - Sept. 23
You will be more emotional than usual today. But that could actually work in your favour, especially if you have not been too open about your feelings of late. Every now and then it's good to let it all out.

♎ Libra
Sept. 24 - Oct. 23
Do something unexpected. The planets indicate that no matter how far you push the limits, at home or at work, others will forgive you. But that's only today. Tomorrow they won't be so generous.

♏ Scorpio
Oct. 24 - Nov. 22
Keep your eye on the ball and keep your mind on what it is you are hoping to accomplish. If you can do that then you will succeed. The approaching new moon will give you added drive and dynamism.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to rely on other people. You have high hopes for the future and will make quicker progress if don't have to worry about dragging others along behind you.

♑ Capricorn
Dec. 22 - Jan. 20
For the past two or three weeks you have found it hard to get your thoughts together, which means progress has been slow. Now, your mind will click into gear and you will soon be sailing along.

♒ Aquarius
Jan. 21 - Feb. 19
You don't take risks often but when you do, you go all the way. With that in mind, you are advised to wait until the weekend to follow up on what you are planning. If you start too early you could lose it all.

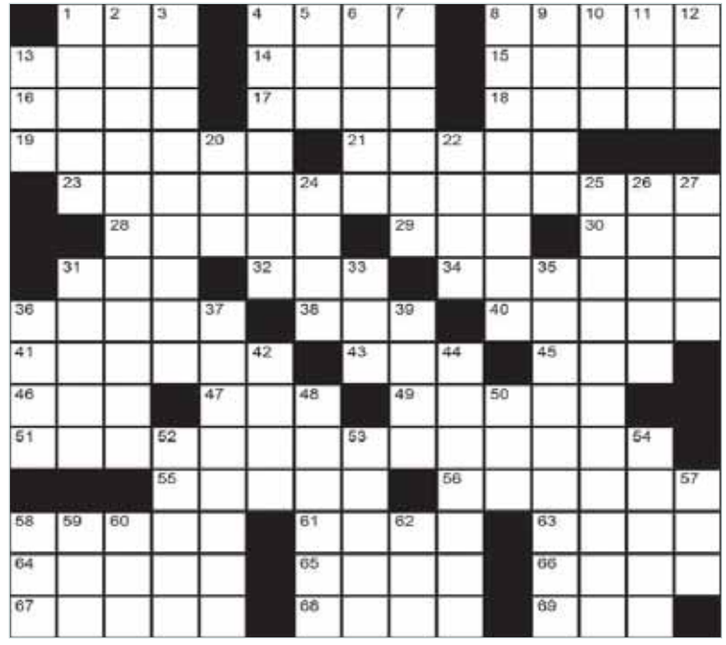
♓ Pisces
Feb. 20 - March 20
Be assertive and let partners and colleagues know that you intend to put your needs first. This is your time of year and you have every right and every reason to be a little bit selfish.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



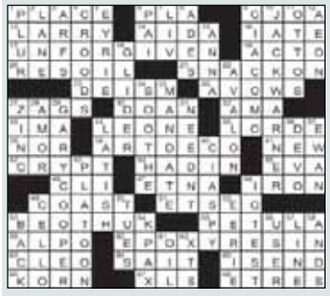
Across

1. Possibilities
4. Frost
8. Ancient water nymph
13. Take _ __ (Try the drink)
14. Vogue rival
15. __ boots
16. Saintly symbol
17. Marsh plant
18. Solemn bell sound
19. "You are not!" retort: 3 wds.
21. Farewell, in France
23. Step dancers perform to their music: 2 wds.
28. '70s music
29. Classic game
30. Ms. Long
31. Like
32. Exhaust
34. Fort __ (Where the American Civil War started in 1861)
36. Roman Empire invaders
38. Beige
40. Sans stopping...: 2 wds.
41. Singer Bonnie's surnamesakes
43. Drivers' org.
45. Actor Mr. Knight's
46. Admiral's org. in The States
47. Juice: French
49. 1985 Power Station hit: "Some Like __ __"
51. "The best man in Ottawa...": Lumberjack in the Stompin' Tom Connors song: 3 wds.
55. Flower sort
56. More sore
58. 1998 Edwin McCain song: 2 wds.
61. In __ of flowers
63. Alfonso XIII's queen's namesakes
64. Sitting spot
65. High
66. Prefix with 'dynamic'
67. "All in the Family" role
68. Opportunity
69. Juiceless

Down

1. Oscar-winning songwriter Mr. Hayes
2. Oscars category: 2 wds.
3. It will shine on Ellen DeGeneres as this year's Oscars host
4. Brave acts
5. Corrida call
6. Shake like _ __
7. Social news website
8. Leslie Nielsen movie franchise: 2 wds.
9. Cancel
10. White House nickname
11. __ clear
12. Rocker Mr. Shannon
13. Sushi tuna
20. Periods beyond regular hrs.
22. Some apples
24. Outdoors garment
25. "The __": Piano tune in "The Sting" (1973)
26. 'Nothings' in Nice
27. Chalcedony variety
31. "__ __ _ say, not..."
33. BC's ocean
35. "Ace of Spades" British metal band
36. Food
37. Gospels guy, __. __
39. Newbie
42. Tallow source
44. In the wrong: 2 wds.
48. Silver fishies
50. "__ Ramsey" ('70s TV Western)
52. Frilly neckwear piece like Austin Powers wears
53. "Easy Livin'" by __ Heep
54. Beat
57. Record label The Bee Gees were on
58. 'Expert' suffix
59. 19 TV __. (Production co. for "American Idol")
60. Law: French
62. "Turn to Stone" gr.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		7	2		9	3		
	2		3		5		4	
9								8
		8	1	2	6	5		
		9	8	5	7	2		
7								2
	3		6		1		5	
		1	4		2	6		

Yesterday's Sudoku

7	2	9	1	3	5	6	8	4
1	3	5	8	4	6	2	9	7
4	8	6	2	9	7	3	5	1
8	4	7	3	5	2	1	6	9
3	5	1	9	6	8	7	4	2
6	9	2	4	7	1	8	3	5
9	1	3	7	8	4	5	2	6
2	6	8	5	1	9	4	7	3
5	7	4	6	2	3	9	1	8

Today
7°/2°
Partly cloudy

Friday
9°/0°
Partly cloudy

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